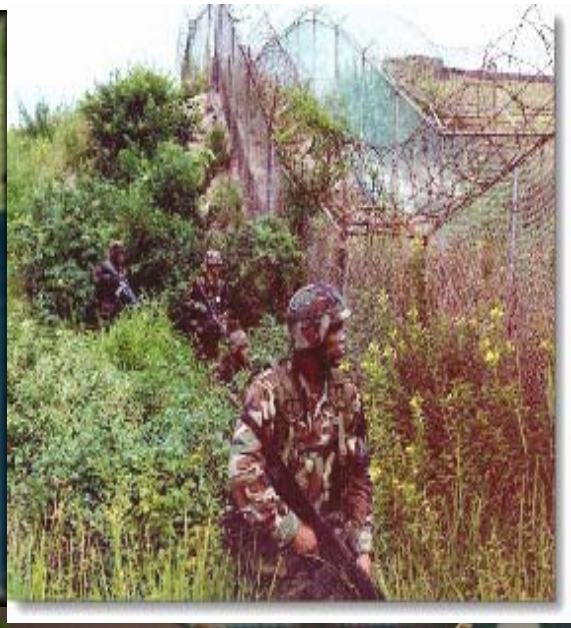
UNITED STATES FORCES KOREA

SUMMER SAFETY GUIDE



STOP: TAKE TIME TO PREPARE AND PLAN FOR AN ACCIDENT-FREE SUMMER

HEADQUARTERS UNITED STATES FORCES KOREA
COMMAND SAFETY OFFICE ATTN: FKSF
APO AP 96205-0010

HEADQUARTERS, UNITED STATES FORCES, KOREA
UNIT #15237
APO AP 96205-0010

REPLY TO:
ATTENTION OF:

FKSF (385)

JUN 2 4 2002

MEMORANDUM FOR

COMMANDER, US AIR FORCES, KOREA
COMMANDER, EIGHTH UNITED STATES ARMY
COMMANDER, US MARINE FORCES, KOREA
COMMANDER, US NAVAL FORCES, KOREA
COMMANDER, US SPECIAL OPERATIONS COMMAND, KOREA

SUBJECT: Summer Safety

1. The summer season is just around the corner and we must begin to focus on preventing heat related accidents and lessening the risks associated with the possibility of severe weather during the upcoming rainy season. I would like to place particular attention on heat related accidents involving field operations, physical training, vehicle operations, recreational activities, force protection duties, and home safety.

2. The Summer Safety Guide can help focus summer safety efforts--no matter what the activity. All leaders should use the Guide, along with locally developed materials, in implementing their summer safety programs. It may be downloaded at http://www-usfksafety.korea.army.mil. Additional information is available at the Command Safety Office, telephone 723-3941.

3. There is no greater priority than the safety of the people we are privileged to lead. My goal is that no member of this command experience a hot weather related accident or injury this summer season. With your support, we can make that happen.

LEON J. LAPORTE
General, U.S. Army
Commander in Chief

During the spring and summer months, many of us will participate in a variety of outdoor activities. Regardless of which activity we choose (swimming, hiking, bicycling, etc.), it is important that we take time to recognize the risks involved in what we do, whether on- or off-duty. This summer safety guide has been written to increase safety awareness in USFK and to help leaders implement their summer safety program. This booklet outlines some universal as well as Korea-unique summer safety hazards, and lists some preventive measures that may help safeguard the well being of soldiers, airmen, sailors, marines, civilians, and family members.

Summer Recreation Hazards

Whether at work or play, a variety of hazards exist during the summer season that increases risks for everyone. High temperatures increase the potential for heat related injuries, and greater involvement in recreational activities (swimming, softball, cookouts, etc.) presents added risk for drowning and other summer-related accidents. However, by using the risk management process to identify the risks associated with a given activity, appropriate actions can be taken to prevent warm-weather related accidents and ensure a happy, accident-free summer season. No matter what type of sports or activities you or your family may participate in this summer, always keep an eye out for potential safety hazards and look out for each other. It may save your life.

Risk Management (RM)

Risk Management is the process of **identifying, assessing, and controlling risks** arising from operations/activities, and making decisions that balance risk costs with the operation/activity benefits. Simply put, it is a common sense approach to incorporating safety into everything we do. If the risks of what you plan to do outweigh the benefits, then you should find another way to do it or reassess the need to do it at all.

Risk management is a systematic, five-step process that can be applied to any situation, program or environment. Each of the services uses similar but slightly different processes. Some use the term operational risk management (ORM) and apply a six-step process. The only difference is that they have taken step 3 and broken it into two steps in their programs.

Risk Management Process

Step 1. Identify the hazards--recognize potential sources of danger associated with a task or mission.

Five step RM Process

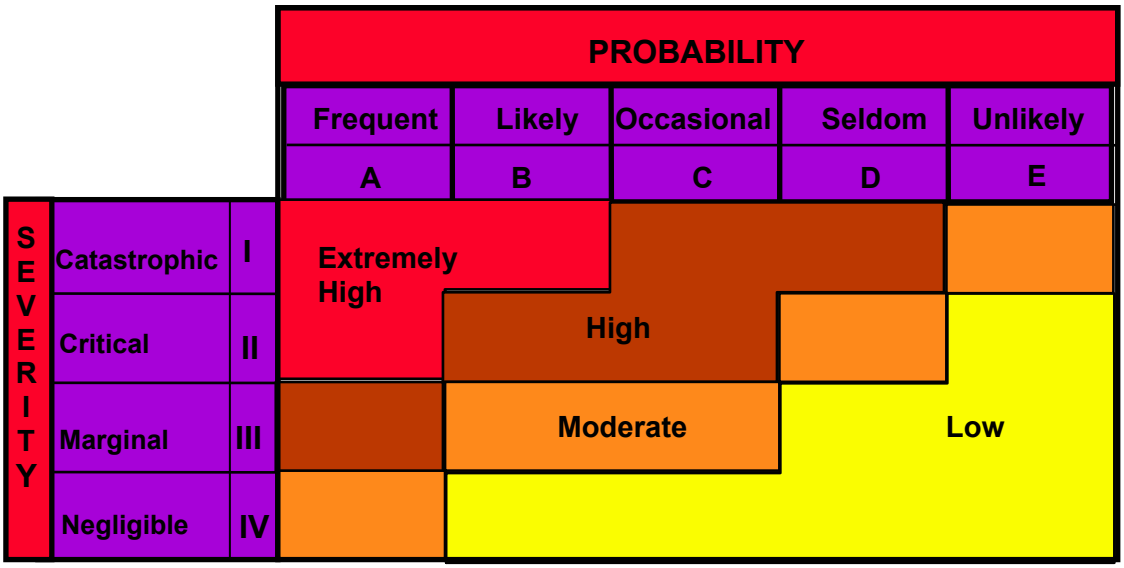
Step 2. Assess the hazards--determine the impact of each hazard in terms of potential loss and cost, based on probability and severity.

Step 3. Develop Controls and Make a risk decision--choose control measures that eliminate hazard or reduce risk to an acceptable level. Control measures should ensure that risks are reduced to a level where benefits outweigh potential cost.

Step 4. Implement controls--put controls in place that eliminate hazards or reduce risks.

Step 5. Supervise--ensure that everyone knows, performs to, and enforces standards and controls. Evaluate the effectiveness of controls and adjust/update as necessary.

RISK ASSESSMENT MATRIX



PROBABILITY: The likelihood that an event will occur.

- **Frequent:** Occurs often, continuously experienced.
- **Likely:** Occurs several times.
- **Occasional:** Occurs sporadically.
- **Seldom:** Unlikely, but could occur at some time.
- **Unlikely:** Can assume it will not occur.

SEVERITY: The degree of injury, property damage, or other mission-impairing factor.

- **Catastrophic:** Death or permanent total disability, system loss, major property damage.
- **Critical:** Permanent partial disability, temporary total disability in excess of three months, major system damage, significant property damage.
- **Marginal:** Minor injury, lost-workday accident, minor system damage, and minor property damage.
- **Negligible:** First-aid or minor medical treatment, minor system impairment.

RISK LEVEL

- **Extremely high:** Loss of ability to accomplish mission.
- **High:** Significantly degrades mission capabilities in terms of required mission standards.
- **Moderate:** Degrades mission capabilities in terms of required mission standards.
- **Low:** Little or no impact on accomplishment of mission.

Six-Step ORM Process

HEAT INJURY PREVENTION

INTRODUCTION. Prevention should be everyone's priority. The temperature and humidity during the summer months in Korea can cause heat-related injuries and illnesses unless appropriate precautionary measures are taken. Successful prevention of heat injury is a ***command responsibility*** and depends on education, acclimatization and identification of personnel who are at risk, avoidance of salt tablets, and liberal water drinking policies.

PREVENTING HEAT INJURY. Developing controls for conducting training and other physical activities during conditions of high temperatures and humidity are fairly simple. For example:

- Provide adequate water and ensure water breaks are taken every 15 to 30 minutes. Water should be cool (50º to 60ºF). Thirst is not an adequate indicator of dehydration; service members should drink one-third more water than necessary to satisfy thirst. Water requirements must be increased to reduce heat stress.

- Schedule rest breaks.

- Use shaded areas (trees, buildings, tents, etc.) to reduce radiant heating. The temperature in the sun and under the canopy of a tree can vary from 8 to 20 degrees Fahrenheit.

- Schedule activities as early in the morning or as late in the afternoon as possible.

- Schedule heavy work for the cooler part of the day. The body generates more heat when heavy work is being performed than during light or moderate work.

- Consider weather, workload, and protective clothing and equipment (e.g., MOPP gear) when scheduling activities.

- Monitor weather conditions so a heat stress index can be evaluated. The danger of heat stress increases with higher temperatures and humidity, and direct sunlight. The heating effect of the sun (without clouds) can add as much as 13 degrees Fahrenheit to the apparent temperature that individuals are exposed to. Wind reduces the risk of heat illness by increasing the evaporation of sweat when normal clothing is worn.

- Use mechanical aids whenever possible or spread tasks between several service members to reduce the stress on individuals.

- Monitor service members and encourage them to monitor each other for signs of heat stress. Be prepared to provide medical assistance.

(Adapted from Vol 18, No. 4, 1997 Countermeasure, from the article "How the body handles heat.")

ACCLIMATIZATION. This is acquired by working in hot environments for limited periods of time. Training programs for personnel who are climatically and/or physically unseasoned to heat should be limited in intensity and time. All individuals, regardless of physical condition, require acclimatization when exposed to a heat stress environment. If the individual undergoes progressive heat exposure and physical exertion, it takes about two weeks to become acclimated. The following table is a suggested acclimatization plan:

Schedules of Work During Acclimatization

Moderate Conditions			**Severe Conditions**	
WBGT below 78			WBGT above 78	
Hours of Work			Hours of Work	
Day	Morning	Afternoon	Morning	Afternoon
1-2	1	1	1	1
3-4	1 ½	1 ½	1 ½	1 ½
5-6	2	2	2	2
7-8	3	3	2 ½	2 ½
9-10	Regular Duty, follow Work/Rest Cycles		3	3
11	Regular Duty, follow Work/Rest Cycles		Regular Duty, follow Work/Rest Cycles	

WATER CONSUMPTION/SALT LOSS. When the body loses water, it also loses salt. Salt should be replaced by normal consumption of food. **Do not use salt tablets.** An individual may lose more than a quart of water per hour through sweating. Water loss must be replaced by frequent intake of small amounts of water. Water should be sipped, not gulped. Do not conserve water. Individuals ***must*** drink, even when they are not thirsty! **Thirst is not an adequate indicator of dehydration.**

The following chart represents fluid-replacement guidelines. The U.S. Army Research Institute for Environmental Medicine provided revised recommendations in 1998. (Policy Guidance for Fluid Replacement During Training (DASG-HSZ) 14 Jan 99)

Fluid Replacement Guidelines for Warm-Weather Training
(Average Acclimated Servicemember Wearing Hot-Weather BDU)

		Easy Work		Moderate Work		Hard Work	
Heat Category	**WBGT °F**	**Work/Rest ***	**Water Per Hour**	**Work/Rest***	**Water Per Hour**	**Work/Rest***	**Water Per Hour**
1	78-81.9	No limit	½ qt	No limit	¾ qt	40/20 min	3/4 qt
2 (Green)	82-84.9	No limit	½ qt	50/10 min	¾ qt	30/30 min	1 qt
3 (Yellow)	85-87.9	No limit	¾ qt	40/20 min	¾ qt	30/30 min	1 qt
4 (Red)	88-89.9	No limit	¾ qt	30/30 min	¾ qt	20/40 min	1 qt
5 (Black)	>90	50/10 min	1 qt	20/40 min	1 qt	10/50 min	1 qt

**Rest* means minimal physical activity (sitting or standing) and should be accomplished in the shade if possible.

Note 1: The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Individual water needs will vary ± ¼ quart or 8 ounces per hour.
Note 2: **CAUTION: Hourly fluid intake should not exceed 1½ quarts**.
Daily fluid intake should not exceed 12 quarts.
Note 3: MOPP gear or body armor adds 10ºF to WBGT Index.
Note 4: Wearing body armor adds 5º F to WBGT Index.

Easy Work	Moderate Work	Hard Work
• Weapon maintenance • Walking hard surface at 2.5 mph, <30pound load • Manual of arms • Marksmanship training • Drill and ceremony	• Walking loose sand at 2.5 mph, no load • Walking hard surface at 3.5 mph, <40-pound load • Calisthenics • Patrolling • Individual movement technique; i.e., low crawl, high crawl. • Defensive position construction • Field assaults	• Walking hard surface at 3.5 mph, >40-pound load • Walking loose sand at 2.5 mph with load

Following these requirements will not necessarily prevent dehydration. Dark urine is an indicator of dehydration.

Note: Individuals who are overweight, dieting, or past heat casualties are more prone to heat injuries. As a result, their activities must be closely monitored.

Alcohol and soft drinks are not substitutes for water Alcohol exacerbates dehydration, and soft drinks are not absorbed as rapidly as water into body tissue. Soft drinks containing salts (e.g., *Gatorade*) may increase individuals' water requirements. Servicemembers who are overweight, dieting, or have had past heat casualties are more prone to heat injuries. As a result, their activities must be closely monitored:

- Enforce hydration and monitor water use.
- Provide cool water when possible.
- Enforce work/rest cycles.
- Watch for signs of heat injury (see below).
- Know individual physical conditions and assign appropriate work.
- Establish a **"buddy system."** One of the single best methods to reduce the chance of accidents is to establish a comprehensive "buddy system" which includes monitoring for water and food consumption, hygiene, fatigue, illness, heat injuries, and common-sense safety practices for swimming, driving, etc.

SIGNS, SYMPTOMS, FIRST-AID: When prevention fails, it is critical for everyone to be able to recognize and treat heat injuries. Servicemembers should review first aid procedures outlined in their training manuals. The following is a discussion of the most common injuries.

Heat cramps--characterized by muscle pains or spasms--usually in the abdomen, arms or legs--that affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes the painful cramps. Heat cramps also may be a symptom of heat exhaustion. If the individual has heart problems, or is on a low sodium diet, provide immediate medical attention.

- Stop all activity and sit quietly in a cool place. (Move to a shady area)
- Slowly drink at least one quart of water, clear juice.
- Do not return to strenuous activity for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in one hour.

Heat exhaustion--one of the more mild summer health problems; it results from spending too much time in the heat. It occurs when perspiration leads to excess loss of fluids and salts (electrolytes). Even if not directly in the sun, a person can lose too much fluid by staying outdoors too long on a hot day or spending too much time in an overly hot house. When exposure to extreme heat is combined with strenuous physical activity, the risk of heat exhaustion becomes even greater. Symptoms of heat exhaustion are --

(Signs/Symptoms that occur often)

- Heavy perspiration with pale, moist and cool skin; weakness, dizziness, loss of appetite, and severe headache.

(Signs/Symptoms that occur sometimes)

- Heat cramps, nausea (with or without vomiting), urge to defecate, rapid breathing, confusion, and tingling of hands and/or feet.

If these symptoms occur, lay the person on his back in the coolest nearby place, loosen any tight clothing, lower their head slightly, raise their feet, assist the body to cool by placing cool moist cloths on their forehead and wrists, and fan to help cooling.

To prevent heat exhaustion, drink extra amounts of liquids to replace body fluids lost through perspiration. Water, fruit juices or fruit-based drinks (e.g., lemonade) are preferable to tea, soft drinks, coffee or alcohol. Beverages that contain caffeine or alcohol often result in more frequent urination, which increases the body's loss of fluids. Other precautions to avoid heat exhaustion include -

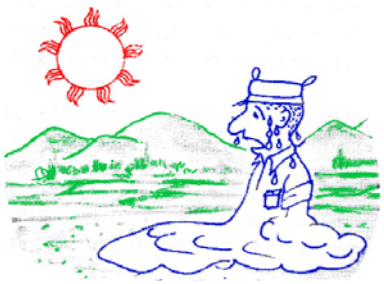
- Stay indoors in a cool place as much as possible.
- If possible, schedule strenuous activity (jogging, bike riding, lawn mowing, etc.) during morning or evening hours when the temperature is cooler.
- If you must spend time outdoors, pace yourself and take frequent water breaks. Have a plan to take breaks in the shade or coolest place available and ensure that ample supplies of water or fruit drinks are handy.
- Wear lightweight, loose fitting clothing that does not interfere with the evaporation of perspiration.

If you begin to feel dizzy or nauseated, or develop a headache, go immediately to the nearest shaded area or cool place and sit or lie down. If the symptoms are not relieved within a few minutes, or if conditions worsen, seek medical attention immediately.

Heatstroke--is caused by overexposure to direct sunlight, with or without physical activity. Just sitting or lying too long in the sun can result in heatstroke. This condition can be fatal and should be considered a medical emergency. The casualty's skin is red (flushed), hot, and dry. The individual may experience weakness, dizziness, confusion, headaches, seizures, nausea (stomach pains), and their respiration and pulse may be rapid and weak. Unconsciousness and collapse may occur suddenly.

If any of these symptoms occur, place the person in a semi-sitting position to reduce the amount of "hot" blood going to the head. Choose a spot in the shade or indoors, loosen tight clothing, flood the head and body with COLD water and get medical attention immediately. If the person has a seizure, protect him or her from striking objects and DO NOT put anything in the mouth. The most important treatment for heatstroke is to **rapidly** cool the victim with **cold** water or ice.

Heatstroke occurs most often in the spring and early summer, before the body adapts to higher temperatures. High humidity can increase the risk because it keeps the body from cooling itself as effectively.



Heat exhaustion does not always precede heatstroke. Athletes and the elderly are more prone to heatstroke.

To avoid heatstroke during the hot summer months, stay out of the sun as much as possible and keep cool--preferably in an air-conditioned place. If air conditioning is not available, use fans or open windows to circulate the air. But keep blinds or curtains closed when sunlight is coming directly in the windows. Take frequent cold baths or showers and try to avoid cooking or baking during the hottest part of the day.

DRESS PROPERLY--the type, amount, and manner of the wear of clothing have marked affects on the heat load imposed on the body and its ability to dissipate the heat. Clothing can help if it prevents the sun's radiant heat from being absorbed by the body. Loose fitting clothing allows circulation of air and enhances the cooling evaporation of sweat.

Shirts should not be removed in unshaded areas. Blousing of trousers or tight neckwear should not be allowed when high temperature prevails.

Wide-brimmed hats, sunglasses, sweatbands and proper footgear are important. Loosely woven cotton clothing will allow air to circulate better and sweat to evaporate faster than synthetic materials such as nylon and polyesters.

Excessive or tight fitting clothing, web equipment, and packs reduce ventilation needed to cool the body. During halts, rest stops, and other periods when such items are not needed, they should be removed if the mission permits.

BATTLE DRESS UNIFORM (BDU)--the temperate weather BDU ensemble has proven to retain more body heat than the lightweight BDU's or the hot weather uniform. There is a decreased evaporation to sweat production ratio of about 10 to 15 percent, which results in increased body temperature. To facilitate heat loss when wearing BDUs in WBGT conditions exceeding category Green, military personnel should remove their BDU jacket and unblouse pants.

MISSION ORIENTED PROTECTIVE POSTURE (**MOPP)**--MOPP is not a rigid procedure that puts everyone in lockstep. It is the flexible use of protective clothing and equipment that balances protection with performance degradation during training. The higher the MOPP level, the more protection it provides. But at the same time, the higher the MOPP level, the more it degrades the performance and the more susceptible it makes the service member to heat injury.

MOPP is a tool for leaders to use based on the threat, the temperature, the work rate, and the mission. Leaders must prevent NBC casualties on the one hand while reducing heat and fatigue casualties on the other.

The leader should weigh the needs of individual protection against unit efficiency. If the mission is so urgent that it becomes a choice of one or the other, there is no question; heat casualties will recover faster than chemical casualties. Nevertheless, commanders and leaders must guard against heat casualties when service members are in MOPP gear performing hard, physical work.

The body of a service member in full MOPP-4 gear loses its ability to cool down. Body temperature increases and keeps increasing rapidly as the ambient temperature and humidity rise. This can lead to dehydration. To prevent dehydration, individuals must consume enough water to replace body fluids lost in perspiration.

Wearing full MOPP equipment increases the risk of heat injury due to protective clothing interfering with the ability of the body to dissipate heat. Thus, for the same amount of work while wearing MOPP equipment, the accumulation of body heat is much greater and the heat stress index is markedly increased. Wearing MOPP equipment raises the effective heat stress index temperature 10ºF. In other words, it raises all heat categories to black.

Wearing of MOPP gear can cause heat injuries at ambient temperatures as low as 70ºF if precautions are not taken. Personnel must drink sufficient quantities of water before and during the MOPP training to prevent dehydration and heat stress injuries.

INJURY PREVENTION FOR MOPP TRAINING

MOPP LEVEL	PROTECTIVE OVERGARMENT	PROTECTIVE FOOT COVERS	MASK W/HOOD	PROTECTIVE GLOVES
0	Readily available	Readily available	Carried	Readily available
1	Worn	Carried	Carried	Carried
2	Worn	Worn	Carried	Carried
3	Worn	Worn	Worn	Carried
4	Worn	Worn	Worn	Worn

Note: The various MOPP levels may be varied as shown below.

WORK RATE	EXAMPLE VARIATIONS OF MOPP		
	50º or Less WBGT	50º - 70º WBGT	70º - 78º WBGT
LOW	Wear full protective clothing and equipment	Progressively open hood and clothing	Remove and carry mask, hood, and gloves. Remove some protective clothing
MODERATE	Wear full protective clothing and equipment	Remove and carry mask, hood, and gloves. Open protective clothing and duty uniform.	Remove and carry mask, hood, and gloves. Remove some protective clothing
HEAVY	Remove and carry mask, hood, and gloves. Progressively open and remove some protective clothing	Remove and carry mask, hood, and gloves. Remove some protective clothing	Remove and carry mask, hood, and gloves. Remove protective clothing.

WORK DESCRIPTION DEFINITIONS

LOW: Motorized movement or administrative work, resting in place, classroom activities, and most work in administrative areas.

MODERATE: Improvement of positions or bivouac sites, very light digging, area police, dismounted drill, weapons cleaning, and vehicle driving.

HEAVY: Dismounted assault or force marching; patrolling or force marching carrying field gear, litter bearing, bridge building, and carrying equipment heavier than 45 pounds.

WORK/REST CYCLES USED FOR MOPP TRAINING OF PERSONNEL

WBGT	LOW	MODERATE	HEAVY
78º+	Do not train in MOPP 4	Do not train in MOPP 4	Do not train in MOPP 4
70º-78º	No MOPP restrictions	30/25*	Do not do heavy work
50º-70º	No MOPP restrictions	40/20*	20/25*
Below 50º	No MOPP restrictions	No MOPP restrictions	No MOPP restrictions
NOTES: Servicemembers should drink a minimum of 5 quarts of water per day when the WBGT is less than 80 and minimum of 13 quarts per day when WBGT is greater than 80.			

** Indicates number of minutes of work/rest period*

COMMAND CONSIDERATIONS

Commanders should alter training schedules to minimize the effects of hot environments. Hold formations, parades and reviews to a minimum during hot periods and schedule so as to avoid exposure to direct sunlight during the hottest hours of the day. Avoid prolonged standing in the heat and reduce the burden on the body's circulatory system.

Field lectures and rest periods should be carried out in shaded areas and not in the direct heat from the sun, nor in enclosed spaces lacking adequate ventilation. Where training activities are conducted, the following actions are recommended:

- Heat injury prevention and first aid treatment training should precede all rigorous training activities conducted in a hot environment.

- A plentiful water supply should be provided in support of all rigorous training activities.

- During road marches, at least one leader should be tasked with monitoring the condition of all personnel in the column.

- During summer months, all speed marches, running or calisthenics (which is part of physical training) should be conducted during the cooler hours of the day to reduce the possibility of heat injuries.

- The heavy meal of the day should be scheduled for evenings rather than at noon on hot days.

- Leaders at all locations of training or formations should make periodic assessments of the heat stress risk and modify or interrupt activities if heat injuries seem likely.

Heat injury surveillance must be conducted by the entire chain of command. Commanders must be aware of the effects of high temperatures and be able to estimate daily water intake needs for their personnel. Remember, it is the water "in the individual's body" that saves his life, not the water in his canteen.

Prevention of heat-related injuries or illnesses requires vigorous command leadership, proper use of preventive measures that are taught, inspected, and enforced. Planning, hot weather training and use of proper clothing and equipment are paramount.

SWIMMING

Serious injuries and death occur when people fail to observe water safety precautions. Water related accidents normally result from poor judgment, not from a lack of swimming or boating ability.

According to USFK Reg 190-2, Off-limits Areas and Establishments, Appendix A, the following areas within the Republic of Korea (ROK) are off-limit.

✓ Streams, lakes, reservoirs, rivers, ocean beach areas, or other natural bodies of water (unless specifically approved for use by the area or installation commander) for activities such as wading, swimming, bathing, diving, boating, or ice-skating. This is based on safety considerations and the possibility of water contamination.

✓ These areas may be used for fishing, sunbathing, or other activities in which contact with the water is minimal.

✓ As an exception to these restrictions, personnel participating in-group tours sponsored by various organizations within the ROK may participate fully in tour activities.

✓ Personnel may also use hotel swimming pools, ice skating rinks, and other commercial recreational facilities that have safety personnel on duty. However, personnel using any of the facilities listed above must understand that they do so at their own risk. U.S. Health and Safety officials do not monitor these off-post areas and facilities.

The ability to swim is the greatest water hazard insurance you can buy. There is no substitute for knowing how to swim to protect yourself and others. The following safety tips are worth remembering since many "good swimmers" have been drowning victims:

- Whether swimming at a beach or a pool, do not enter the water alone unless a lifeguard is on duty.

- Never swim when exhausted or overheated, or immediately after eating.

- Don't drink and swim

- When a storm approaches, get out of the water.

- Before diving, make sure the water is deep enough and check for underwater hazards.

If you swim in a public swimming pool, follow these health and safety tips:

- Determine if a lifeguard is present, especially if children are with you. If no lifeguard is on duty, do not let children swim unless a responsible adult who knows lifesaving techniques and first aid accompanies them. No one should swim alone, no matter how experienced a swimmer that person may be.

- Look around the pool area to be certain lifesaving devices, such as a floating ring buoy and shepherd's crook, are readily available for emergency use.

- Be sure a grate covers the drain at the deep end of a swimming pool or in a wading pool. The suction created by the pool's circulating pumps can be very dangerous unless it is reduced by grates.

- To reduce the risk of eye, ear, nose or throat infection from contaminated water, swim only in pools in which water quality is properly maintained. Although it is impossible to tell if water is free of bacteria, the water should appear crystal clear, be continuously circulated, and be maintained at a level that allows free overflow into the gutter or skimmer. There should *not* be a strong odor of ammonia or chlorine.

DROWN-PROOFING

Drowning is the fourth leading cause of accidental death overall and the second leading cause of death in children under the age of five. Drown-proof your family—drowning victims encompasses all groups. Always take the following precautions when young children are in or around swimming areas:

- Supervise all young children while they are in, on, or near the water. Drowning and near-drowning occur in familiar surroundings during very short lapses in supervision.

- Do not have older siblings watch younger children in the water. They are not trained or mature enough to be given such a responsibility.

- Take a CPR course. Know what to do in case of an emergency. And when there's an emergency - Don't Stall, Call 911!

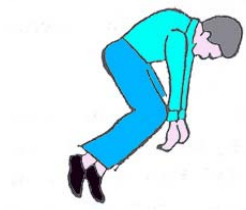
- Do not rely on floatation devices or swimming lessons to protect a child. Children re not waterproof.

Whether you are boating, water skiing, or fishing, always be prepared for the unexpected in, on and/or around water. Having knowledge and competence in the basic skills is survival swimming will ensure your safety in water during an emergency and make the difference between life and death.

During an emergency don't fight the current. Swim to shore with or diagonally across the current. If in weeds, don't thrash; use arms easily, draw loose slowly and gently, and swim with the current. If you get leg cramps, roll to a face down position and knead area of cramp and stretch muscle. Lastly, disrobing in water is tiring. Your clothing will hold air and prevent chilling.

The skill of survival floating can be performed as follows:

a. Resting Position: Swimmers start with air in the lungs and hold their breath, letting the arms and legs dangle. The face is kept down so that the back of the head is at the surface.



b. Preparing to exhale: While maintaining this body and head position, the swimmer slowly lifts the arms to shoulder height. If leg action is also to be used, slowly separate the legs into a modified scissors kick.

c. Exhalation: While exhaling, make sure that the back of the head is still at the surface; the swimmer raises the head no higher than necessary for the mouth to clear the surface. The eyes should be opened to help judge the head and body levels.

d. Inhalation: As soon as the head is vertical, the swimmer presses the arms downward and brings the legs together. This easy downward pressure should allow time for air to be breathed in through the mouth. The action of the arms and legs should not be vigorous enough to lift the chin out of the water.

e. Return to the resting position: Allow the arms and legs to move back to the dangling position described in paragraph a.

NOTE: If the individual sinks too far below the surface when at the dangling position, a downward press or easy finning action of the arms will stop the sinking of the body and help float back to the surface. A light scissors kick can also be combined to arrest the sinking action.

SUNNING

Sunbathing is not as popular as it once was because of the growing awareness that spending too much time in the sun may increase the risk of skin cancer. If you feel you must get a suntan--at a beach, in the backyard, or at a swimming pool--take precautions to protect yourself from overexposure to the sun's ultraviolet rays. Military personnel are subject to disciplinary action for reporting to duty with incapacitating sunburn.

- Limit the time you spend in the sun.

Do not overdo it when the weather starts to turn warm. Begin with 15 minutes a day; then slowly increase the time you spend in the sun. If possible, avoid (or limit yourself to 15 minutes) exposures during the hours of 1000 to 1600. Ultraviolet rays are strongest during these hours.

- Use liberal amounts of suntan lotion with a high sun-protection factor (SPF), even on cloudy days. Lifeguards and others who are out in the strong sun a lot should use an opaque sunscreen on their nose and lips.

- Wear dark glasses to protect your eyes.

Sun Burn is caused by overexposure of skin to the ultraviolet rays of the sun.

Symptoms: As exposure increases, so does the onset of tissue injury, skin swelling, and blisters. Fever and headache may develop. Reaction to exposure and the degree of discomfort experienced varies with each individual.

First-aid: To relieve mild sunburn pain, take cool baths and apply a specially formulated sunburn cream, ointment, or gel (only on mild sunburns with no blisters). Seek medical care if severely burned.

Heat Rash is skin irritation caused by excessive sweating in a hot, humid environment.

***Symptoms*:** Appears as a cluster of pimples or small blisters on the neck, groin area; under breasts & arms; and skin creases.

First aid: Take a cool shower. Avoid lotions; use baby powder with cornstarch. Change clothes frequently.

HYPOTHERMIA

Check the water temperature before swimming. The body should be slowly acclimated to cold water by rubbing the extremities with water and jiggling the arms in water up to the elbows. If the water still feels cold or uncomfortable, the swimmer should get out of the water and discard any idea of entering the water rapidly to overcome the shock of the cold.

Any time a swimmer feels cold or tired, they should leave the water. Water as cold as 69ºF can slow down a swimmer and cause drowning. Cold water induces hypothermia.

The chill that kills. Cold water chills 25 times faster than cold air. Cold water blues may result from a quick dive or fall into water that is below 70ºF. Diving into cool or cold water can result in drowning through rapid body cooling. The typical victim falls or dives into cold water and just disappears. This may be caused by the sudden injection of cold water into the ear canals, which can cause vertigo. The victim becomes disoriented and cannot tell which way is up.

Sudden exposure of the upper chest to cold water will trigger uncontrolled rapid breathing and gasping and will increase blood pressure, pulse rate, and metabolic rate. If the head is under water when the reflex is triggered, the victim may not be able to hold his breath long enough to surface and a sudden involuntary gasp can suck water into the lungs, causing almost immediate drowning.

Hypothermia is the process of reducing the human body temperature below 98.6 degrees. It is not always easy to spot but swimmers should watch for the following:

- Shivering, which signals a drop in your skin's temperature and is an attempt by the body to create heat by exercise.

- Muscle rigidity and cramps. The body restricts blood flow to the extremities to conserve heat. Swimming ability, especially endurance, is greatly reduced so even an experienced swimmer can be as susceptible as a novice.

- Bluing of lips, ear lobes, fingers, or toes and difficulty using the hands.

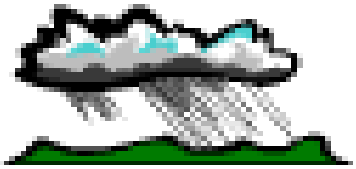
- Unusual or uncontrollable breathing such as sudden gasping or rapid breathing.

A person suffering from hypothermia is generally pale, puffed face, listless, drowsy and confused. Areas of the body that are usually warm, such as the armpit, will be cold and clammy. Breathing may be slow and shallow.

Treating mild hypothermia consists of getting the victim into warm, dry clothes, and serving them a warm drink other than alcohol. Alcohol opens the blood vessels close to the skin, making a person feel warm, while robbing heat from the inner organs. Try to keep the victim awake and talking, with their head level lower than the rest of the body.

For more severe cases, dress the victim in layers of dry clothing or blankets, and send for medical help immediately.

DESTRUCTIVE WEATHER/RAINY SEASON



The destructive weather (monsoon rain & typhoon) seasons usually begin in late June and continue through September in Korea. These two weather periods present high risk to both personnel and property. In the past, flash flood and mudslide caused by monsoon rain have occurred causing loss of life and extensive property damage in this command. Leaders should take extra precautions when conducting training exercises during the rainy season. Procedures should be established to prevent adverse weather related accidents.

COMMON SAFETY PRACTICES DURING HEAVY RAINS

- ✓ Restrict vehicle travel.
- ✓ Do not park vehicles or equipment at the bottom of a valley, canyon, or on the bank of a small stream.
- ✓ Exercise care in selecting bivouac areas. Small streams can rise several feet during heavy rainfall.

In Aug 98, two soldiers were killed and 12 others hospitalized as a result of a mudslide due to heavy rains.
In Aug 98, one soldier drowned after falling into a rain swollen river near Suwon Airbase.
In Jul 99, one KATUSA drowned during floods at Firing Point 180 near KTC.

- ✓ Do not cross or ford streams.
- ✓ During and after heavy rain, beware of bridges over streams. High water can undermine bridges and render them unsafe.
- ✓ Avoid traveling on the shoulders of roads during and after heavy rains.
- ✓ On receipt of flood warnings, make sure all supervisors are alerted and, if necessary, move equipment and supplies to high ground.
- ✓ Monitor weather reports closely.
- ✓ Avoid downed power lines and electrical wires.

ACTIONS TO TAKE DURING A LIGHTNING STORM

- ✓ Stay away from isolated trees or poles in open areas.
- ✓ Avoid open fields or bare hilltops.
- ✓ Avoid large masses of steel in open terrain (for example, mounted guns, field pieces, wire fences, and vehicles). If caught suddenly in an electrical storm in a rubber-tired vehicle, stay in place.

- ✓ Do not seek shelter under a vehicle. The insulating effect of vehicle tires may cause a body under a vehicle to become a conductor of an electrical charge from the vehicle to the ground.
- ✓ If in a group, spread out. Do not huddle together. A mass of bodies attracts lightning.
- ✓ If inside a building during an electrical storm, remain clear of water pipes and electric or communication lines.
- ✓ When an electrical storm is approaching, supervisors of swimming pools should cease operations.
- ✓ Avoid beaches, boats, swimming areas, wire fences and riding on top equipment.
- ✓ Do not use field telephones during electrical disturbances, except in an emergency.
- ✓ Move quickly away from explosive items armed for electrical detonation.

POWER MOWER PERILS

Carelessness is a major factor in many of the power lawn mower accidents that injure an estimated 70,000 persons annually. To help reduce your chance of injury, heed the following suggestions:

- ✓ Before you begin mowing, check the lawn for debris that could become missiles if struck by the mower blades. Become familiar with the operating instructions in order to operate the mower safely. Then clear the area of people, especially children, before you start to mow.

- ✓ If you have a gasoline-fueled mower, store the gas outside in an approved safety can. Fill the mower outside and use a funnel to prevent spills. Stay away from possible ignition sources and replace the gas cap firmly when done. Before starting the mower be sure it is on level ground and use the correct starting procedure described in the operator's manual for your mower.

- ✓ Electrically powered mowers should not be used on wet grass. Use an extension cord designed for outdoor use and rated for the power needs of your mower. To reduce the risk of cutting the cord while mowing, start mowing in the area nearest the electrical outlet, then mow away from the outlet so that the cord will be behind you.

- ✓ Wear goggles or a face shield and safety shoes or boots when operating any power mower.

- ✓ Never adjust the mower or change attachments until the engine has been turned off and the spark plug disconnected. A gasoline engine can be started if the blade or cutter bar is turned when making adjustments or repairs.

- ✓ When mowing on rough terrain, or in high grass or weeds, set the blade at the highest cutting level to minimize the throwing of debris from the mower.
- ✓ Some final tips for safe mowing are to make sure all guards are in place and keep the lawn mower blades sharp. Mow across an incline if you are using a walk behind mower. With a lawn tractor, mow up and down the incline to prevent the tractor from tipping over. If you do hit a foreign object or have a mower malfunction, always remember to turn off the mower and disconnect the power cord or spark plug before inspecting for damage.

COOKOUTS AND PICNICS

BARBECUES

As the weather turns nicer, most backyard chefs are "warming" up their grills for the cookout season. Here are a few tips to make sure an accident doesn't spoil the fun:

- ✓ Keep barbecue grills away from walls, low overhangs, or other flammable materials.

- ✓ Handle charcoal starter fluid carefully; never add more to a fire or it might explode. Never use gasoline or other substitutes for starter fluid.

- ✓ Don't let children or pets play near a grill. Choose a safe grilling location and never leave a grill unattended.

- ✓ Never use a charcoal grill in a garage or enclosed area such as tent or camper where carbon monoxide could build up.

- ✓ The cook should avoid wearing loose clothing that could fall onto hot coals. Be a careful outdoor chef and enjoy a good meal!

PICNICS

WARNING! Keep food cool. Food spoils faster in summer heat.

Planning before the picnic is the best way to ensure that food is safe as well as tasty. Here are some tips from military and Department of Agriculture food safety experts:

- ✓ When shopping for food, buy perishable items last, such as meat. Get the items into a refrigerator or portable cooler as soon as possible. Never leave perishables in a hot car while running errands.
- ✓ Cook everything thoroughly. Cook pork chops and ribs until the pink is gone. Poultry should have no red near the bone. Steak and hamburger are safer when cooked until well done.

- ✓ Clean your hands before cooking and after tasting. If there's no water faucet, use disposable hand wipes. Do not re-use the same utensils and dishes for service that touched raw meat.

- ✓ Keep hot foods above 104ºF and cold foods below 45ºF. Invest in a thermometer to check temperature.

- ✓ The high acid content of commercial mayonnaise actually helps protect foods from spoiling. Homemade mayonnaise, if made without vinegar or lemon juice, could be risky.

- ✓ Keep food covered to avoid exposing it to flies and common bacteria.

SPORTS INJURIES

Sports and recreational activities are more than play. Participation in athletics improves physical fitness, coordination, morale, and self-discipline and provides valuable opportunities to learn teamwork. However, it affects USFK's ability to accomplish its mission when servicemembers are injured while participating in sports. Sports injuries account for approximately 25% of all personal injuries in USFK. Taking the following steps will prevent/reduce sports injuries:

- ✓ Maintain proper physical conditioning and flexibility; always warm up before physical activity and cool down afterwards.

- ✓ Know and abide by the rules of the sport. The "win at all costs" attitude can lead to injuries.

- ✓ Wear appropriate protective gear when required (e.g., facemask, shin guards, eye guards, and chest protectors).

- ✓ Check athletic equipment to ensure it is appropriate and safe to use.

- ✓ Wear appropriate footwear for the activity (e.g., cleats when playing football, soccer, or baseball).

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- ✓ Inspect sport activity areas for hazards such as potholes, broken glass, and rocks.

- ✓ Avoid playing when very tired or in pain.
- ✓ Protect yourself from the environment during physical activities; drink lots of water to prevent heat injuries, use sunscreen and sun glasses to help protect the skin and eyes from ultraviolet light, and avoid exercising outdoors during the times of day when the pollutants are at their highest levels-usually mid to late afternoon.

BASKETBALL SAFETY

- ✓ Ensure that appropriate shoes are worn for the playing surface. For example, basketball shoes should be designed for quick turning, stopping, and jumping.
- ✓ The use of tape on ankles or ankle supports with high-top athletic shoes can reduce the incidence and severity of ankle injuries.
- ✓ Pads should be worn to protect the knees and elbows from bruises or floor burns.
- ✓ Mouth guards to protect the tongue as well as the teeth.
- ✓ Players should not wear jewelry such as chains, rings, and metal wristbands during games. Eyeglasses should be secured on the head and should have shatterproof lenses.
- ✓ Stress the importance of warm-up exercises before and after playing.
- ✓ Prohibit horseplay or unsportmanlike conduct. Players should be coached to play fair, have fun, and abide by safety rules.

BASEBALL AND SOFTBALL SAFETY RULES

- ✓ Check the playing field for holes, ditches, broken glass, rocks, uneven and slippery areas or other dangerous objects.
- ✓ Inspect playing and protective equipment for condition, defects, and fit.
- ✓ Be careful swinging the bat; make sure no one is too close.
- ✓ After you hit the ball, don't throw or sling the bat; drop it as you run to base.
- ✓ Throw the ball to - not at - other players.

- ✓ Wear proper shoes (no metal spikes) and a batting helmet when at bat.
- ✓ If you play catcher, wear a facemask, protective cup (if you're a male), chest protector, and shin guards.

- ✓ Avoid running over another player to knock the ball loose.

- ✓ On fly balls, call for the ball so you don't run into another player.

- ✓ Be careful chasing the ball. If it goes into the street, look both ways to make sure there are no cars coming before you get the ball.

- ✓ If there is lightning in the area, stop playing and seek shelter other than a tree.

- ✓ Keep a first aid kit available for minor injuries and a list of emergency phone numbers for a serious injury.

RACQUETBALL SAFETY

Safety is the responsibility of every player who enters the court. At no time should the physical safety of the participants be compromised. Players are entitled, and expected, to hold up their swing, without penalty, any time they believe there might be a risk of physical contact. Racquet-struck balls can travel at speeds that exceed 100 mph. The smaller the ball, the greater the risk of injury to unprotected eyes, because less impact is absorbed by bones above and below the eye. To prevent eye injuries, players should use PROTECTIVE EYEWEAR!!!

IN LINE SKATING

In-line skating is a fast growing sport. Like any sport involving motion - there is a certain degree of risk. Skate smart! Always wear protective gear - helmet, reflective vest, wrist guards, knee and elbow pads, and gloves. Following these and the safety tips below will help you avoid injury and allow you to enjoy this exciting sport:

- ✓ Move to the left of pedestrians, cyclists and other skaters to pass. Except when passing, skate to the right of the path.

- ✓ Get instruction. Learn to stop safely by using the brake pads at the heel of most in-line skates.

- ✓ Keep your blades in top shape. Check your brakes often and replace when excessively worn.

- ✓ Never wear headphones or earphones while skating.

- ✓ Do not skate at night--others can't see you and you can't see obstacles or other skaters.

BICYCLE SAFETY

Bicycling in Korea can be safe and enjoyable if you apply wisdom and courtesy. The following will ensure that your ride is safe and fun:

- ✓ According to USFK Reg 190-1, Motor Vehicle Traffic Supervision, all personnel operating or riding on motorcycles, mopeds, bicycles, in-line skates, coasters, skateboards, sleds, or any non-motorized vehicle on a public roadway, street, bicycle path, or any other right-of-way under USFK jurisdiction will wear:

  (1) Helmet: The helmet will meet or exceed the standards set by the American National Standards Institute or the Snell Foundation. The helmet will be equipped with either a neck or chin strap, which is to be securely fastened while in motion.

  (2) Reflective vest: If wearing a backpack, the vest must be worn over the backpack.

- ✓ Headphones or earphones will not be used.

- ✓ Bicycles used during the hours of darkness will be equipped with front and rear operational lights as follows:

  (1) The front light will emit a visible light a minimum distance of 500 feet (150 meters).

  (2) The rear light will emit visible light a minimum distance of 100 feet (30 meters).

- ✓ In addition to the requirement stated above, personnel operating or riding on motorcycles, mopeds, or bicycles must comply with established traffic laws and signs.

- ✓ Give your bicycle a safety check before riding (operable brake system capable of making the wheels skid on dry, level, clean pavement, head lamps, taillight as stated above and an audible warning bell or horn is recommended.)

- ✓ Obey traffic signs and signals. All traffic laws apply to bicyclists, whether on or off the installation.

- ✓ Ride as near to the right side of the road as practical. Be alert for road hazards that may cause you to lose control.

- ✓ Do not cling or otherwise be towed by another vehicle.
- ✓ Do not carry items that will not allow both hands to be free for control and signaling.
- ✓ Do not carry passengers unless the bicycle is built for two.
- ✓ Ride single file, not two abreast. Do not ride on the sidewalks.
- ✓ Watch out for sudden opening of car doors, cars pulling out of driveways, gravel on roads or uneven or slippery surfaces, and speed--especially when going down hill.

JOGGING

Jogging is an individual recreational activity that could cause disabling injuries. The safety of joggers or runners is an individual responsibility. Observe the following guidelines:

- ✓ Jog in single file off the roadway, **on the side facing traffic**.
- ✓ Jogging during the hours of darkness or inclement weather is discouraged. When running, make maximum use of sidewalks (when available), athletic fields, and running trails.
- ✓ All personnel (military, civilians and family members) running on USFK installations **will wear reflective safety vest**
- ✓ Watch for road hazards and turtle traps.
- ✓ Do not wear **headphones or earphones while jogging outside.** The wearing of headphones and earphones when jogging **on DoD installations is prohibited.**
- ✓ Obey all traffic signals and/or stop signs; use pedestrian crosswalks when crossing roads.
- ✓ Challenging or obstructing vehicular traffic is forbidden. Joggers should yield the right of way to vehicular traffic.
- ✓ Wear proper footwear.
- ✓ Maintain proper physical conditioning and flexibility.

VEHICLE PREPARATION FOR HOT WEATHER

Whether driving a privately owned vehicle (POV) or a government motor vehicle (GMV), the first consideration for warm weather driving is vehicle preparation. In order to deal with the unexpected, consider packing a small emergency kit to contend with common highway problems, or buy one of the many prepackaged kits on the automotive store shelves.

As a minimum, a well stocked kit should include a flashlight, flares or warning reflectors, an assortment of basic tools, utility tape, first aid supplies, jumper cables, extra fuses, spare fan belt, quart of oil, jug of water, and work gloves. Performing some preventive maintenance also makes sense before hitting the highway, on your way to work or play.

Use the checklist below to prepare your POV for the hot weather driving ahead. If driving a GMV, follow the military unique maintenance checklist provided by your motor pool.

- ✓ Check oil levels, topping off or changing them; replace oil, air, and fuel filters as necessary.
- ✓ Inspect the cooling system for leaks and other potential problems. Look for cracked hoses and loose hose clamps; replace hoses that feel spongy.
- ✓ Examine fan belts to make sure they are properly adjusted and in good condition. Frayed belts are a sign of slippage, which can contribute to overheating and low battery charge.
- ✓ Inspect your battery, as well as its cables and connections. Loose connections and corroded terminals may prevent a car from starting or charging properly.
- ✓ Ensure the master cylinder's fluid level is correct and your braking system is working properly.
- ✓ Check condition of windshield wipers and replace them if needed, and refill the windshield washer reservoir. Along with the summer rains, there is the bug-splattered windshield to contend with.
- ✓ Buy a high quality air pressure gauge and use it! Tire pressure is important for good performance and long wear. Studies show that moderate (8-10 lbs) under inflation may cut tire life by as much as 25 percent. Good shocks and proper alignment and balance also add to tire life as well as safe operation.
- ✓ Be sure your spare tire is fully inflated and in good condition, and all necessary tire changing tools are on hand.

Keep your vehicle in shape! Before a trip and at regular intervals, give your vehicle a safety check and if you need repairs, make them. Check the following basic items for proper working conditions:

- BOTH SETS OF BRAKES
- REAR, SIDE MIRRORS
- WINDSHIELD WIPERS
- STEERING MECHANISM
- HORN
- EXHAUST SYSTEM
- ESSENTIAL TOOLS
- TIRES (PRESSURE & TREAD)
- LIGHTS (HEAD, TAIL, BRAKE)
- SAFETY BELTS

HOT WEATHER DRIVING HAZARDS

DRIVE SAFELY. During the summer months, there is increased vehicular traffic as more people venture out to the many historical sights in Korea. With increased traffic congestion, comes the need for closer adherence to safe and defensive driving practices.

Summer driving in Korea is truly a challenge to the uninitiated. Heavy rains, poor roads and soft shoulders increase the driving hazards. There is also a huge increase in all types of road and pedestrian traffic. Agricultural equipment such as tractors and handcarts may be encountered during the summer months. Most of this farm equipment is not equipped with warning lights or turn signals. The warm weather also brings pedestrians and children out in greater numbers. Many bicyclists and joggers will also be using the roads, both on and off post.

MENTAL PREPARATION FOR HOT WEATHER DRIVING

Be ready for any emotional or physical conditions that may impair your driving or reaction skills. Examples are:

- ✓ In too much of a hurry - slow down!
- ✓ Tired - stay within your abilities
- ✓ Daydreaming - keep your mind on the task at hand.
- ✓ Irritated - resolve irritations before attempting to drive.
- ✓ Boredom - take frequent breaks.

- ✓ **Do not drink and drive under any circumstance**.
- ✓ Seat belt can save your life!

Control yourself!!! Self-control and mental alertness are indispensable for driving in crowded road conditions.

DRIVE DEFENSIVELY

Realize that you do not have control over the unpredictable actions of pedestrians, other vehicle operators, or road conditions. Develop a defensive attitude for these possibilities. Anticipate the unusual and expect the unexpected.

PEDESTRIANS: Vehicle operation in Korea is not easy. Narrow streets, overcrowded roads, bicycles, motorcycles, and pedestrians make every trip hazardous. These conditions require maximum attention by all drivers. Pedestrians enter the street from every conceivable location. Yield the right of way and wait for them to clear the road. Most pedestrians fail to look before they attempt to cross a road.

CHILDREN: There is a shortage of playgrounds for children in Korea. Often the only place for children to play is alongside or in roads and streets. Expect children to dart into your path as you drive.

BUSES: One of the mass transportation methods in Korea is by bus. They attempt to fulfill a rigid time schedule; therefore, they speed, pass improperly, and operate overloaded in order to meet the schedules. Buses will often stop in the middle of the street in order to pick up or discharge passengers or pull sharply into or away from the curb directly into the path of an oncoming vehicle. These actions must be anticipated and preparations made to avoid accidents in these dangerous situations.

TAXIES: Korean taxi drivers are frequently very aggressive and will violate traffic laws in order to pick up a passenger or reach destinations as rapidly as possible. Taxi drivers work long hours. As a result of fatigue, they may be bad tempered and erratic in their driving behavior. The best bet for handling taxies is to stay out of their way and give them an extra margin of safety at all times. Some taxi drivers will discharge their passenger in the middle of the road. Maintain a high state of situational awareness and be prepared for the unexpected.

ROADWAYS: Despite rapid expansion and improvement of road networks in Korea, the increase in the number of vehicles has been even faster, making the roads overcrowded and dangerous due to the traffic mix (cars, trucks, bicycles, motorcycles, and pedestrians).

Roads are narrower than we are accustomed to and have many blind curves and sharp turns. In villages, houses may be built so close to the road that when a person steps

out of the door they are very close to being in the street. Most intersections and danger points lack traffic control or warning signs. Thus, extreme care must be exercised when transiting built-up areas.

Often, rural roads are used for work and storage areas. It is not unusual for farmers to dry grain and other vegetables on one lane of a country road. Be prepared for these eventualities by always operating at speeds that will allow ample reaction time.

Railroad crossings in rural areas are not always guarded. Be alert for unguarded crossings.

During the rainy season (June through September) drivers must expect frequent flooding, **soft shoulders**, and traffic delays. Plan your trip accordingly.

ELECTRIC FANS

All fans (exhaust, window, desk, and pedestal), located within 7 feet of the floor must be equipped with a guard that will completely enclose the blades. The guard must have openings no larger than one-half inch so that a person cannot accidentally expose their fingers to moving fan blades. Appropriate fan guards should be ordered through respective supply points (see USFK Pam 385-3, Fundamentals of Safety in Army Sports and Recreation for information).

Additional safety tips are:

- ✓ Do not move a large fan while it is operating.
- ✓ Do not place a fan near a doorway where it will block an exit.
- ✓ Avoid overheating cords. Using light extension cords or powering too many appliances with one extension cord could result in a fire.
- ✓ Do not place fans too close to curtains where curtains could get caught in the fan, block air flow, cause the motor to overheat and possibly cause a fire.

HIKING

Stop and ask yourself these questions:

- Do I have proper clothing, equipment, food and water?
- Am I proficient in outdoor skills?
- Am I familiar with the terrain and weather conditions?
- Am I physically fit for the challenges ahead?
- Do I know the limitations of my group?

Remember:

- **Know your limits**. Hiking is far more demanding than walking the same distance on level ground.
- Check a weather forecast before starting. Turn back if the weather gets bad.

--In Aug 1998, at least 20 people were killed and 70 others were reported missing. Roaring rivers swollen by torrential rainfall swept away dozens of sleeping campers and vacationers in rugged mountain valleys.

- Tell someone where you're going and when you expect to return. Don't change plans or routes without notice.
- Never separate your group. Do not hike alone. All trail objectives should be attainable by all members of a group.
- **Never pick up or intentionally disturb unexploded explosive objects.**

Clothing: This varies depending on location and terrain.

Footwear: Athletic or deck shoes are fine for short strolls on a dry, established path. Good hiking boots (combat boots are fine) are a must for any type of extended tracking.

Suggested clothing and equipment: Light Plastic Tarp, Hiking Boots, Socks, Rain and Wind Parka or Space Blanket, Shorts, Rain Pants or Chaps, Gloves or Mittens, T-Shirt, Extra Socks, Medications, Flashlight, Guidebook, **Compass**, **Map**, Watch, Personal hygiene items, First Aid and Repair Kit, Insect Repellent, Gaiters, **Water Bottle**, Sunglasses, Cap, Food, Sun Lotion, Pocket Knife, Matches, Trash bag, Pack, Cord, Cell Phone, GPS. (Highlighted items are the minimum equipment needed)

Add for Overnight Trips: Sleeping Bag, Foam Pad, Tent or other Shelter, Stove, Fuel, Pots, Cup, Bowl, Spoon, Food, Towel, Extra clothing, Etc.